Canada Revenue Agency | Agence du revenu du Canada

Information About Moving Expenses

Who can claim moving expenses?

If you have moved and established a **new home** to be employed or carry on a business at a **new location**, you can deduct eligible moving expenses from the employment or self-employment income you earned at your **new work location**.

You can also claim moving expenses if you moved to study courses as a **student in full-time attendance** at a university, college or other educational institution that offers courses at a post-secondary school level.

To qualify, your new home must be **at least 40 kilometres** (by the shortest usual public route) closer to the new place of work or educational institution. Complete **lines 1** to **3** in **Part 2** of Form T1-M to determine if you meet the distance requirement to claim your moving expenses. If the result on **line 3** is **less** than **40 kilometres**, you **do not** qualify to claim your moving expenses.

You must complete a separate Form T1-M for each eligible move and enter on **line 219** of your return, the total of all amounts from **line 23** in **Part 4** of each form.

Are you employed or self employed?

If you are employed or self-employed, you **can deduct** eligible moving expenses from the employment or self-employment income you earned at your **new work location**, including amounts you received under the Wage Earner Protection Program in respect of your employment at the new work location.

You **cannot deduct** your moving expenses from any other type of income, such as investment income or Employment Insurance benefits, even if you received this income at the new location.

Are you a full time student?

You can claim eligible moving expenses if you **moved to study** courses as a **student in full-time attendance** at a university, college or other educational institution that offers courses at a post-secondary school level. However, you can **only** deduct these expenses from the part of your scholarships, fellowships, bursaries, certain prizes, and research grants that are required to be included in your income.

If you **moved to work**, including summer employment, or to run a business, you can also claim moving expenses. However, you can **only** deduct these expenses from the employment or self-employment income you earned at the new work location.

You can claim moving expenses you incur at the beginning of each academic period; as long as you meet the **40-kilometre requirement** outlined in **Part 2** of Form T1-M and you have earned income at your new work location. In the case of a co-operative student, when you move back after a summer break or a work semester, you can also claim your moving expenses, provided you meet the previously stated requirements.

For more information, see Pamphlet P105, *Students and Income Tax*.

How to calculate your allowable moving expenses (Part 4)

You can claim reasonable amounts that you paid for moving yourself, your family, and your household effects. Not all members of your household have to travel together or at the same time.

Transportation and storage costs (Line 4)

You can claim transportation and storage costs (such as packing, hauling, movers, in-transit storage and insurance) for household effects, including items such as boats and trailers.

Travel expenses (Lines 5 to 7)

You can claim travel expenses, including vehicle expenses, meals, and accommodation, to move you and members of your household to your new residence. You can choose to claim vehicle and/or meal expenses using one of the following two methods of calculation described below.

Methods of calculation

There are two methods (**detailed** and **simplified**) to calculate the meal and vehicle expenses you spent.

If you choose to use the **detailed method** to calculate your **meal expenses**, you must keep all your receipts and claim the actual amount that you spent. Also, if you choose to use this method to calculate your **vehicle expenses**, you must keep all receipts and records for the vehicle expenses. Claim the actual amount that you spent in respect of your moving expenses during the tax year.

If you choose to use the **simplified method**, to calculate your **meal expenses**, you may claim a flat rate per person. Although you do not need to keep detailed receipts for actual expenses, we may still ask you to provide some documentation to support your claim. Also, if you choose to use this method to calculate the amount to claim for **vehicle expenses**, multiply the number of kilometres by the cents/km rate for the province or territory in which the travel began. We may still ask you to provide some documentation to support your claim. You must keep track of the number of kilometres driven during the tax year for the trips related to your moving expenses.

To find out the rates for the simplified method, go to **www.cra.gc.ca/travelcosts** or call our Tax Information Phone Service (TIPS) at **1-800-267-6999**.

Temporary living expenses (Lines 8 to 9)

You can claim costs for up to a **maximum of 15 days** for meals and temporary accommodation near the old and the new residence for you and members of your household. If you choose to use the **simplified method**, we may still ask you to provide some documentation to establish the duration of the temporary lodging.

Cost of cancelling your lease (Line 10)

You can claim the cost of cancelling the lease for your old residence, except any rental payment for the period during which you occupied the residence.

Incidental costs related to your move (Line 11)

You can claim the cost of changing your address on legal documents, replacing driving licences and non-commercial vehicle permits (not including insurance), and utility hook-ups and disconnections.

Cost to maintain old residence when vacant (Line 12)

You can claim, to a **maximum** of **$5,000**, the cost for interest, property taxes, insurance premiums, and heat and utilities expenses you paid to maintain your old residence when it was vacant after you moved, and during a period when reasonable efforts were made to sell the home.

The costs must have been incurred when your old residence was not ordinarily occupied by you or any other person who ordinarily resided with you at the old residence just before the move. You cannot claim these costs during a period when the old residence was rented.

Cost of selling old residence (Lines 13 to 16)

You can claim the cost of selling your old residence, including advertising, notary or legal fees, real estate commission, and mortgage penalty when the mortgage is paid off before maturity.

(Vous pouvez obtenir ce formulaire en français à **www.arc.gc.ca** ou au **1-800-959-3376.**)

Canada

Cost of purchasing new residence (Lines 17 to 18)

If you or your spouse or common-law partner sold your old residence as a result of your move, you can claim the legal or notary fees you paid for the purchase of your new residence, as well as any taxes paid (other than GST/HST or property taxes) for the transfer or registration of title to the new residence.

Did you receive a reimbursement or an allowance for your move? (Line 20)

If you received a reimbursement or an allowance from your employer for your eligible moving expenses, you can **only** claim your moving expenses if you include the amount you received in your income or if you reduce your moving expenses by the amount refunded.

We may ask you to provide a letter from your employer stating that you were not reimbursed for the moving expenses you are claiming.

Expenses you paid in a year after you moved

If your moving expenses were paid in a year after the year of your move, you can claim them on your return for the year you paid them against employment or self-employment income earned at the new work location.

The same possibility is also extended to students reporting a taxable amount of scholarships, fellowships, bursaries, certain prizes, and research grants.

This may apply if your old residence did not sell until after the year of your move. If this is the case, we may ask you to submit this form with the receipts and explain the delay in selling your home.

However, you **cannot carry back** moving expenses **to a previous year**. For example, if you paid moving expenses in 2012 for a move that occurred in 2011, you cannot claim the expenses paid in 2012 on your 2011 return, even if you earned employment income, self-employment income, or received a taxable amount of scholarships, fellowships, bursaries, certain prizes, and research grants at the new location in 2011.

What is your net eligible income? (Line 22)

If you are an **employee**, your net eligible income is equal to the amounts reported on your T4 and/or T4A slips that **relate to the new work location** and that are included on lines 101 and/or 104, **minus** any amount relating to the new work location claimed on lines 207, 212, 229, 231, and 232 of your return.

If you are **self-employed**, your net eligible income is generally equal to the net amounts **earned at the new work location** that are included on lines 135 to 143, **minus** any amounts claimed on lines 212 and 222 of your return.

If you are a **student**, your net eligible income is equal to the amount of scholarship, bursaries, fellowships, research grants, and/or certain prizes required to be included in your income for the year.

Unused moving expenses available to carry forward to a future year (Line 24)

If you are an employee or self-employed and your net moving expenses (**line 21**) that you paid in the year of the move are more than the net eligible income (**line 22**) earned at the new work location in that same year, you can carry forward and deduct the unused part of those expenses from your employment or self-employment income earned at the new work location in the following years.

If you are a full time student and your net moving expenses (**line 21**) that you paid in the year of the move are more than the scholarships, fellowships, bursaries, certain prizes, and research grants income you report for the year (**line 22**), you can carry forward and deduct the unused part of those expenses from the same type of income you receive and report on your return for the following years.

Ineligible moving expenses

Expenses you **cannot** claim include:

- travel expenses for work done to make your old residence more saleable;
- any loss from the sale of your home;
- travel expenses for house-hunting trips before you move;
- travel expenses for job hunting in another city;
- the value of items movers refused to take, such as plants, frozen food, ammunition, paint, and cleaning products;
- expenses to clean or repair a rented residence to meet the landlord's standards;
- expenses to replace personal-use items such as toolsheds, firewood, drapes, and carpets;
- mail-forwarding costs (such as with Canada Post);
- costs of transformers or adaptors for household appliances;
- costs incurred in the sale of your old residence if you delayed selling for investment purposes or until the real estate market improved; and
- mortgage default insurance.

Generally, you cannot deduct the cost of moving a mobile home. However, if you have personal effects in a mobile home when it is moved, you can deduct the amount it would have cost to move those personal effects separately.

Did you move from Canada, to Canada, or between two locations outside Canada?

Did you move from Canada?

Provided you met all conditions and requirements (read "Can you claim moving expenses?"), you can claim **eligible expenses** for a move from Canada if:

- you are a **full-time student** (including a co-operative student), or a **factual** or **deemed resident**; **and**
- you moved from the place where you ordinarily resided to live in another place where you ordinarily reside.

You **cannot** claim moving expenses if you rent an apartment in another country where you are working temporarily and you maintain residential ties in Canada (for example, your spouse and children remain in your home in Canada), because your home in Canada is where we consider you to ordinarily reside.

Did you move to Canada?

Provided you met all conditions and requirements (read "Can you claim moving expenses?"), you can claim **eligible expenses** for a move to Canada if you are a **full-time student** (including a co-operative student), or a **factual** or **deemed resident**.

Did you move between two locations outside Canada?

Provided you met all conditions and requirements (read "Can you claim moving expenses?"), you can claim **eligible expenses** for a move between two locations outside Canada if you are a **factual** or **deemed resident**.

For more information read Interpretation Bulletin IT-221, *Determination of an Individual's Residence Status*, or Pamphlet T4131, *Canadian Residents Abroad,* or read the section "Were you a deemed resident of Canada?" in the *General Income Tax and Benefit Guide for Non-Residents and Deemed Residents of Canada*.

Do you need more information?

For more information, see Interpretation Bulletin IT-178, *Moving Expenses*, visit **www.cra.gc.ca**, or call **1-800-959-8281**.

Teletypewriter (TTY) users

Teletypewriter users can call **1-800-665-0354** for bilingual assistance during regular business hours.

Canada Revenue Agency | Agence du revenu du Canada

Moving Expenses Deduction

Read the attached information sheet before you complete this form. Use this form to calculate your eligible moving expenses deduction. Complete a separate form for each move. Do not attach this form, or the receipts and documents supporting your claim, to your return. However, keep them in case we ask to see them at a later date. If you are using EFILE, show them to your EFILE service provider.

Can you claim moving expenses?

To qualify, your new home must be **at least 40 kilometres** (by the shortest usual public route) closer to the new place of work or educational institution. You must establish your new home as the place where you ordinarily reside. For example, you have established a new home if you have sold or rented (or advertised for sale or rent) your old home.

If you have moved and established a new home to be employed or carry on a business, you can claim eligible moving expenses from employment or self-employment income you earned at your new work location. You can also claim moving expenses if you moved to study courses as a **student in full-time attendance** at a university, college or other educational institution that offers courses at a post-secondary school level. However, you can **only** deduct moving expenses from the part of your scholarships, fellowships, bursaries, certain prizes, and research grants required to be included in your income. Generally, your move must be from one place in Canada to another place in Canada.

Tax year ▶

Part 1 – Taxpayer information

Last name	First name	Social insurance number

Part 2 – Calculation of distance in kilometres

Distance in kilometres between your **old** home and your **new** place of work or educational institution		1
Distance in kilometres between your **new** home and your **new** place of work or educational institution	–	2
Line 1 minus line 2 **If the result is less than 40 kilometres, you cannot deduct your moving expenses. Therefore, do not complete the rest of this form.**	=	3

Part 3 – Details of the move

Complete address of your **old** residence

Postal code

Complete address of your **new** residence

Postal code

Date of move — Year Month Day

Date you started your new job or business, or your studies — Year Month Day

What was the main reason for the move? ☐ To be employed or carry on a business **OR** ☐ To study full time

Information about your employer, business, or educational institution **after** the move:

Name

Complete address

Postal code

(Vous pouvez obtenir ce formulaire en français à **www.arc.gc.ca** ou au **1-800-959-3376.**)

Canada

Part 4 – Calculation of allowable moving expenses (keep all your receipts)

Transportation and storage costs for household effects | 4

Name of mover (if applicable):

Travel expenses (from old residence to new residence)

Number of household members in move:

Method of travel:

Number of kilometres: **Travel expenses** + | 5

Number of nights: **Accommodation expenses** + | 6

Number of days: **Meals expenses** + | 7

Temporary living expenses near new or old residence (maximum 15 days)

Number of nights: **Accommodation expenses** + | 8

Number of days: **Meals expenses** + | 9

Cost of cancelling the lease for your old residence + | 10

Incidental costs related to the move (specify): + | 11

Costs to maintain your old residence when vacant **(maximum $5,000)** + | 12

Cost of selling old residence

Selling price: $

Real estate commission + | 13

Legal or notarial fees + | 14

Advertising + | 15

Other selling costs (specify): + | 16

Cost of purchasing new residence

Purchase price: $

Legal or notarial fees + | 17

Taxes paid for the registration or transfer of title (do not include GST/HST or property taxes) + | 18

Add lines 4 to 18. **Total moving expenses** = | 19

Enter any reimbursement or allowance that is not included in your income and that you received for moving expenses included in the total on line 19. – | 20

Line 19 minus line 20 **Net moving expenses** = | 21

Net eligible income:

- If you are an **employee**, this represents the amounts reported on your T4 and/or T4A slips that **relate to the new work location** and that are included on lines 101 and/or 104, **minus** any amount relating to the new work location claimed on lines 207, 212, 229, 231, and 232 of your return.
- If you are **self-employed**, this generally represents the net amounts **earned at the new work location** that are included on lines 135 to 143, **minus** any amounts claimed on lines 212 and 222 of your return.
- If you are a **student**, this represents the amount of scholarship, bursaries, fellowships, research grants, and/or certain prizes required to be included in income for the year.

Net eligible income | 22

Enter the amount from line 21 or line 22, whichever is **less**. **Enter this amount on line 219 of your return.** **Allowable moving expenses** | 23

If line 21 is more than line 22, you can carry forward the unused part of your expenses (line 21 minus line 22) and deduct it from the same type of eligible income for the years after you move. For more information, see the attached information sheet.

Line 21 minus line 22 **Your unused moving expenses available to carry forward to a future year** | 24